

IDEDECIDE® Replacement of ICD

Better conversations, better decisions

A decision aid for replacement of Implantable Cardioverter-Defibrillators (ICD)

For patients that already have an ICD and are considering replacement.

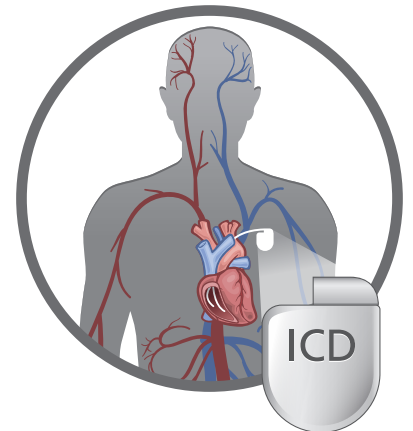


Refresher: What an ICD does

An ICD is designed to prevent an at-risk person from dying suddenly from a dangerous heart rhythm. When an ICD senses a dangerous heart rhythm, it gives the heart an electrical shock. The ICD does this in order to get the heart to beat normally again.

Making a choice about ICD replacement

Your doctor has told you that it is time to replace your ICD with a new one, most likely because the battery is wearing out. For many people, this is a straight-forward decision. For others, the decision may not be so easy.



Why this might not be an easy decision

When you first got your ICD, it made sense. You were at a high risk for sudden cardiac death and you wanted to prevent that by getting an ICD. Since several years have likely passed since that discussion, it is reasonable to think again about whether you still want an ICD:

- Your overall health: you may be **sicker** or have other illnesses on top of your heart failure.
- You may be at a place in your life where the **quality of your life** is much less than it once was and preventing a sudden cardiac death isn't as important. You may be ready to accept death when it comes and are not as concerned with preventing it.
- You may have had some **bad experiences** with your ICD. Make sure to talk to your doctor.
- You have been shocked in the past and do not want to that experience again. Maybe you have experienced **anxiety or depression** because of getting the ICD and fear future shocks.
- Your **risk** for sudden cardiac death may not be as high as it once was.

Considering replacement of an ICD

Regardless of why you need to replace the ICD (battery wearing out, device malfunction, infection, etc.), you will need to have a surgery much like the one you had before.



Risks

In general, risks of this replacement procedure include pain, infection, and bleeding. Serious complications, however, are unusual. There is a slightly higher risk of complications when a wire (lead) needs to be replaced. Talk with your doctor about these complications.

Would I survive a dangerous heart rhythm without an ICD?

You may survive a dangerous heart rhythm only if you are treated within a few minutes with an external shock. However, many patients die before emergency help can reach them.



Possible benefits of having an ICD (check the ones you have experienced)

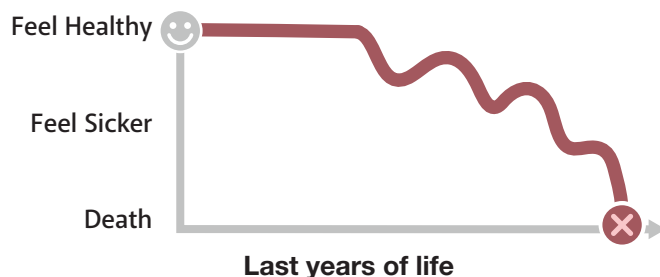
- | | |
|---|---|
| <input type="checkbox"/> Peace of mind | <input type="checkbox"/> Paced out of dangerous rhythm before shock |
| <input type="checkbox"/> Received shock in past | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Avoid sudden cardiac death | <input type="checkbox"/> Other: _____ |

ICD Trade-Offs

Deciding whether or not to replace your ICD can be difficult but you do have options. While the future is always unpredictable, there is an important trade-off to consider when deciding whether to get an ICD. Consider two possible paths:

Path 1

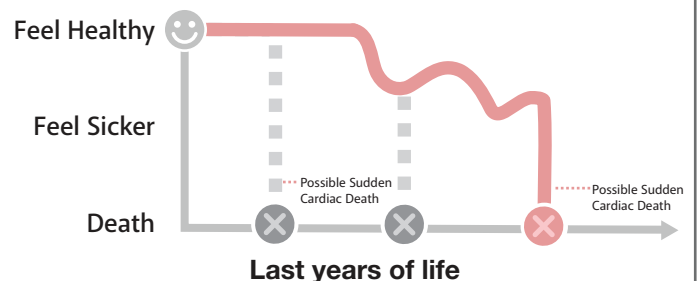
You may choose to get an ICD. You may be feeling like you usually do, then a dangerous heart rhythm could happen. The ICD may help you live longer by treating a dangerous heart rhythm. You will continue to live with heart failure that may get worse over time.



"I'm not ready to die. I have so much I'm trying to stay alive for. Even if it means getting shocked, I'm willing to do anything that can help me live longer."

Path 2

You may choose to NOT get an ICD. You may be feeling like you usually do, and then a dangerous heart rhythm could happen. You may die quickly from the dangerous heart rhythm. This can happen at any time.



"I've lived a good life. The idea of dying quickly sounds like a painless way to go. I've always said I hope to die in my sleep. Going through surgery and getting shocked is not the kind of thing I want."

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